



TOBACCO USE LOG

The Tobacco Use Log can help patients to identify activities or situations that trigger the desire to smoke or use other forms of tobacco. It is important for patients to understand these environmental cues so that they can develop coping strategies to overcome the temptation to use tobacco. Clinicians can use this information to suggest alternative behaviors to increase the likelihood of a successful quit attempt. The log is most appropriate for patients who are preparing for a quit attempt, but it can be used with any patient who wants to learn more about his or her smoking behavior.

Instructions for use:

The Tobacco Use Log is a piece of paper that is kept with the patient's tobacco. It can be folded and wrapped around the cigarette pack or can of snuff with a rubber band. Alternatively, patients may keep the log in their wallet or day planner. It is important that the log be readily available at the times when the patient uses the tobacco. Through careful documentation of tobacco use over a period of several days, patient-specific tobacco usage patterns become evident.

1. Instruct the patient to continue his or her regular tobacco use for a period of *at least three days* (including one non-work day). It is preferable to complete the *Tobacco Use Log* for *seven consecutive days*, because usage patterns might fluctuate as a function of the day of the week (e.g. weekends vs. work days). The patient should not attempt to reduce his or her tobacco use during this time. The intent is to document current tobacco use habits and patterns, so that the patient can understand the triggers and situations associated with his or her tobacco use.
2. The following information should be noted in the Tobacco Use Log **each time** tobacco is used:
 - **Time** of day (indicate AM or PM)
 - Description of the **activity/situation at the time of** tobacco use (e.g., were others present?)
 - **Need rating** of the patient's perceived importance of using tobacco, at that time, using the following scale:

Not very important (would <i>not</i> have missed it) 1	Moderately important 2	Very important (would have missed it a great deal) 3
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3. The patient should use a separate log sheet each day. *Note: Heavy tobacco users will require more than one log sheet per day.*
4. Just prior to the quit date, review the Tobacco Use Log with the patient to identify specific situations that trigger tobacco use. Additionally, develop specific cognitive and behavioral strategies to prevent relapse.

Adapted from The Wrap Sheet and The Daily Cigarette Count (Wrap Sheet). In: The Washington State Pharmacists Association, *Smoking Cessation Training: Pharmacists Becoming Smoking Cessation Counselors*, 1997, pp. 3, 25.



Tobacco Use Log for (date): ___/___/___

	Time	Describe the situation/activity at the time of this tobacco use.	Need Rating Circle one number*		
1.			1	2	3
2.			1	2	3
3.			1	2	3
4.			1	2	3
5.			1	2	3
6.			1	2	3
7.			1	2	3
8.			1	2	3
9.			1	2	3
10.			1	2	3
11.			1	2	3
12.			1	2	3
13.			1	2	3
14.			1	2	3
15.			1	2	3
16.			1	2	3
17.			1	2	3
18.			1	2	3
19.			1	2	3
20.			1	2	3

*Need RATING: Rate the importance of your *need* to use tobacco *for each instance* of use—based on the following scale:

<p align="center">Not very important (would <i>not</i> have missed it)</p> <p align="center">1</p>	<p align="center">Moderately important</p> <p align="center">2</p>	<p align="center">Very important (would have missed it a great deal)</p> <p align="center">3</p>
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